Sent By: Mark A Krull;

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE RECEIVED Applicant: Stearns et al. Art Unit: 3764 CENTRAL FAX CENTER

Serial No.: 10/047,943 Examiner: Crow

MAY 1 0 2006

Filed: 01/15/02

Title: EXERCISE METHODS AND APPARATUS

Certificate of Facsimile Transmission

I hereby certify that this AMENDMENT AND RESPONSE is being sent via facsimile number (571) 273-8300 to the Commissioner for Patents, Attn: Art Unit 3764, on this 10th day of May, 2006.

MAKU

AMENDMENT AND RESPONSE

Commissioner for Patents

Attn: Art Unit 3764

Dear Sir:

Introduction

This Amendment and Response is being submitted in reply to the Office Action dated January 11, 2006.